



TRX SUSPENSION TRAINING

TRX uses your own body weight and gravity to build power, strength, balance, coordination, flexibility, core and joint stability, all while preventing injuries and working at the intensity level you choose. TRX is the perfect workout for all fitness levels!

6:00-6:45am with Natalie Welk

Tuesdays & Thursdays

Aug 21 — Sep 20

Sep 25 — Oct 25

Oct 30 — Dec 6

Jan 8 — Feb 7

8:30-9:15am with Kelly Coffey

Tuesdays & Thursdays

Aug 21 — Sep 20

Sep 25 — Oct 25

Oct 30 — Dec 6

Jan 8 — Feb 7

12:00-12:45pm with Natalie Welk

Mondays & Wednesdays

Sep 24 — Oct 24

Oct 29 — Dec 5

Jan 7 — Feb 6

12:00-12:45pm with Mary Martinez

Tuesdays & Thursdays

Sep 25 — Oct 25

Oct 30 — Dec 6

Jan 8 — Feb 7

6:45-7:30pm with Mary Martinez

Mondays & Wednesdays

Sep 24 — Oct 24

Jan 7 — Feb 6

Oct 29 — Dec 5

7:45-8:30pm with Cristina Bacica

Mondays & Wednesdays **OR**

Tuesdays & Thursdays

Aug 21 — Sep 20

Oct 29 — Dec 5

Sep 24 — Oct 24

Jan 7 — Feb 6



Location: Aerobics Studio **Age:** 12 +

4-week Session Fee: \$40 members
\$70 non-member

Registration Deadline: 5:00pm on Friday prior to session start date.

For more information contact Megan at
979.297.4533 or mmainer@lakejacksontx.gov.